

ABSTRACT OF THE DISCLOSURE

An information recording apparatus performs an excellent recording, erasing and rewriting operation with respect to a recording medium, which can be  
5 recorded at a recording speed equal to or higher than 4X recording speed without large change in a recording strategy. The information recording apparatus records information on a recording medium by irradiating a pulsed light onto the recording medium. A controller  
10 controls an optical head to irradiate the pulsed light so that a length of a recording mark formed on the recording medium is an  $n$  times of a period  $T_w$  of a basic clock, where  $n$  is a natural number. The controller adds an off-pulse to an end of a final pulse of a train of  
15 multi-pulses contained in the pulsed light so that a light having a bias power  $P_b$  is irradiated during a period  $T_1$  of the off-pulse. The controller is capable of setting the period  $T_1$  of the off-pulse to a predetermined value so that a relationship  $0 \leq T_1 < 0.2T_w$   
20 is satisfied.